

## Caregiver Support Group

*Call in to our telephone conferences from wherever you are. Learn the latest tips on caregiving, and ask questions to the experts and other caregivers. 866-390-6490*



- April 3 & 17, 2024:** "Grieving & Self-Care"  
 Harlingen Senior Center  
 1:00pm-2:00pm  
 509 S. Expr 83  
 Harlingen, TX, 78550
- April 10, 2024:** "Caregiver's Hope"  
 Harlingen Senior Center  
 1:00pm-2:00pm  
 509 S. Expr 83  
 Harlingen, TX, 78550
- April 10, 2024:** Rio Hondo Support Group  
 121 N Arroyo Blvd.  
 Rio Hondo, TX, 78583
- April 17, 2024:** Valley View Memory Care  
 10:00am-11:00am  
 900 Camelot Dr.  
 Harlingen, TX, 78550
- April 20, 2024:** "You are Not Alone DWD"  
 Sun Valley Rehab (Dementia)  
 11:00am-12:00pm  
 2902 S 77 Sunshine  
 Harlingen, TX, 78550

- April 2, 2024:** Navegando la experiencia de ser un cuidador: Instrospecciones ganadas y conocimientos aprendidos  
 1pm central
- April 10, 2024:** Current Issues in Long Term Care: What Caregivers Need to Know  
 10am central
- April 18, 2024:** Trauma and Self-Esteem  
 12pm central
- April 23, 2024:** Are You a "Control Freak" Caregiver? 11am central
- April 24, 2024:** Empowering Care Partners: Tips, Tools and Take Aways supporting those caring for someone living with Parkinson disease 11am central
- April 30, 2024:** Unique Tips for Family Caregivers That Will Amaze You 11am central

Free and Bilingual programs designed to educate and empower Family Caregivers--Give us a call.  
 956-406-6302

**Caregiver**  
support groups



- Caregiver Topics
- Practical Advice
- Emotional Support
- Social Connections
- Understanding & Acceptance
- Resources & Referrals
- Available in Spanish

**Are you experiencing Caregiver Stress? We can help!**

Stress Busting is an evidence based program that helps Family Caregivers learn Stress Coping Skills and Relaxation Techniques.  
(Available in English and Spanish)

**Interested?**  
Call:  
**MAY A BRYAN**

**For more information.**

**Are you a learner?**  
(¿Te gusta aprender?)

Caregiver Teleconnection is available 24/7 for caregivers needing information. You can get on the website and listen to all the recorded sessions at your convenience.

[www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)  
(Este sitio web tiene Teleconferencias en español)

If you would like to participate in the live Teleconnection events, register at 866-390-6491

Si desea participar en los eventos de Teleconnection en vivo, registrarse llamando. 866-390-6490

